

PALMDALE SCHOOL DISTRICT

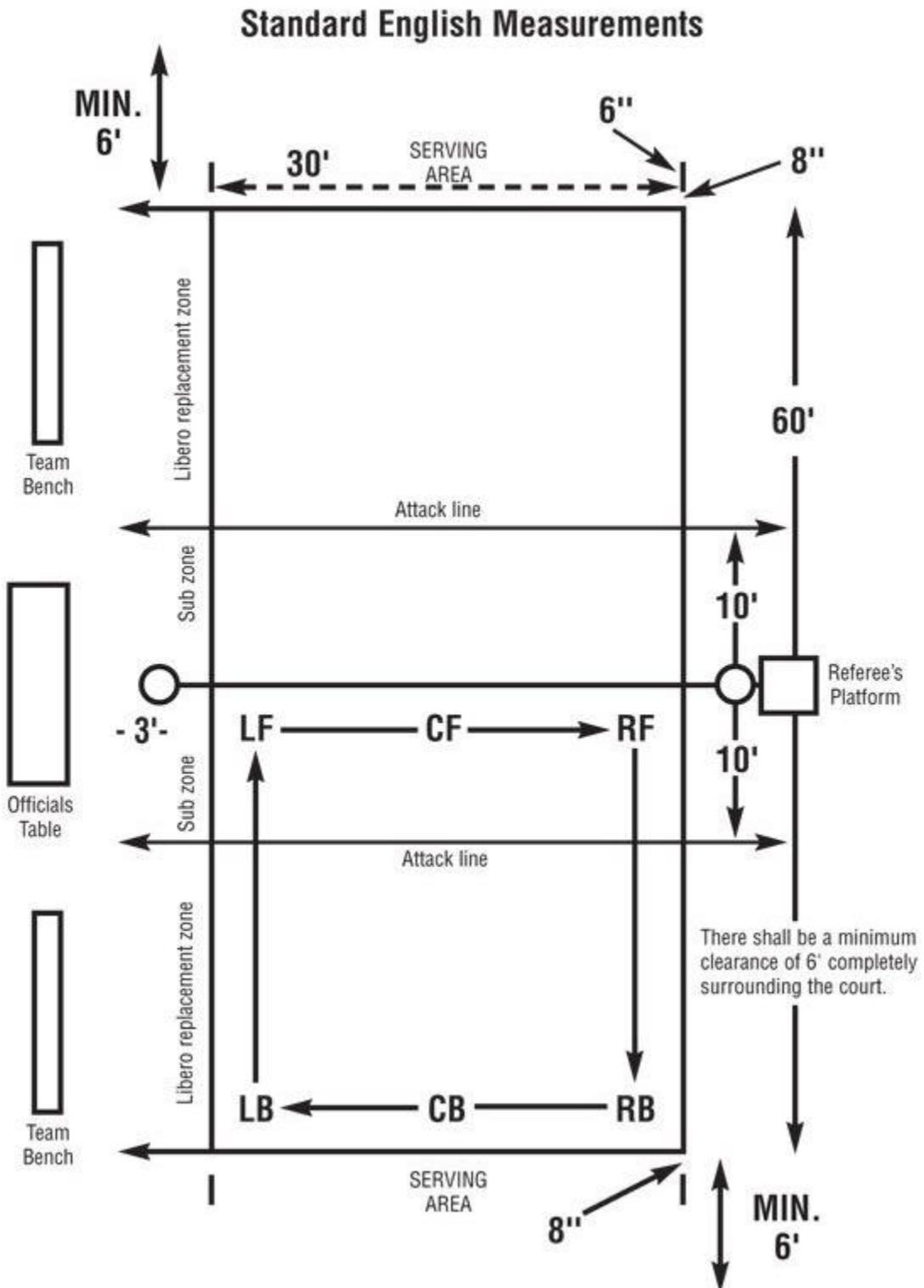
VOLLEYBALL

RULES BOOK

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Court Diagram



Rule 1 The Game

Section 1 DEFINITION

Volleyball is a game played by two teams consisting of six players on a rectangular court separated into two areas by a net and using an inflated ball. One team serves the ball over the net, trying to make it land within the opponent's playing area. The receiving team attempts to return the ball over the net in such a manner that it will land within the opponent's playing area.

Section 2 MATCH

ART. 1 A match shall consist of the best two-of-three sets. The first team to win two sets shall be the winner of the match. The set shall not be played unless it is necessary to determine the winner of the match.

ART. 2 The interval between sets is a maximum of three minutes.

ART. 3 A match shall entitle each team a maximum of two, one minute time-outs per set.

ART. 4 A coin toss conducted during the prematch conference will determine serving order.

Section 3 SCORING POINTS

ART. 1 All sets will be rally scoring. If the serving team wins the rally, it scores a point and continues to serve. If the receiving team wins the rally, it scores a point and gains the serve.

ART. 2 Each time a team gains the serve, it must rotate one position clockwise before serving.

ART. 3 A loss of rally/point is awarded each time a vacant position rotates to serve.

Section 4 THE SET

ART. 1 The first two sets shall be 25 points (no cap), and a team must win by at least two points.

ART. 2 The third and deciding set shall be 15 points (no cap), and a team must win by at least two points.

Section 5 PREMATCH

ART. 1 A timed warm-up period shall be afforded each team.

Rule 2 The Court and Equipment

Section 1 THE COURT

ART. 1 The court shall be 60 feet long and 30 feet wide.

ART. 2 An attack line shall be 10 feet from the midpoint of the center line.

ART. 3 The serving area is behind the end line and between the sidelines.

Section 2 PLAYABLE OVERHEAD OBSTRUCTIONS

ART. 1 A ball striking the ceiling or overhead obstruction above a playable area shall remain in play, if the ball makes contact on the side of the net that is occupied by the team that last played the ball, and the ball is legally played next by the same team.

Section 3 OUT OF BOUNDS

ART. 1 A ball is out of bounds and becomes dead when it:

- a. Touches a wall or object outside the court that does not interfere with an effort to play the ball.
- b. Touches the floor completely outside the court's boundary lines, with no part of the ball in contact with the boundary lines.
- c. Touches the net antennas or does not pass over the net entirely between them.

Section 4 THE NET

ART. 1 The height of the net shall be 7'0".

ART. 2 Upright standards must be padded.

ART. 3 Net antennas shall be attached to the net in line with the outside edge of the sideline.

Section 5 THE BALL

ART. 1 The home team shall provide two competition volleyballs.

Section 6 THE OFFICIALS' TABLE AND TEAM BENCHES

ART. 1 The officials' table and team benches shall be on the side of the court opposite the first referee, 6 feet from the court sideline.

ART. 2 A scoresheet shall be supplied by the home team and kept at the officials' table.

Rule 3 The Team

Section 1 PLAYERS

ART. 1 A team shall consist of a minimum of five players to start a match.

ART. 2 A playing captain shall be designated by each team and is the only player who may communicate with the referees.

Section 2 PLAYER POSITIONS

ART. 1 The position of players in order of the serve shall be Right Back, Right Front, Center Front, Left Front, Left Back and Center Back.

ART. 2 At the moment of serve:

- a. All players, except the server, shall be within the team's playing court and may be in contact with the boundary lines or center line, but may not have any part of the body touching the floor outside those lines;
- b. All players shall be in correct serving order. Each right-side player shall have at least part of one foot touching the floor closer to the right sideline than both feet of the center player in the corresponding row (except the server and the center back of the serving team). Each left-side player shall have at least part of one foot touching the floor closer to the left sideline than both feet of the center player in the corresponding row. Each front-row player shall have at least part of one foot touching the floor closer to the center line than both feet of the corresponding back-row player;
- c. After the ball is contacted for the serve, players may move from their respective positions.

ART. 3 When a loss of rally occurs, the team preparing to serve shall rotate clockwise one position. A point is awarded as this team rotates.

ART. 4 When a team plays with fewer than six players a loss of rally/point shall be awarded to the opponent each time a vacant position rotates to serve in the right back position.

NOTE: The vacant position remains open when rotating to the front row.

Section 3 SCREENING

ART. 1 Players on the serving team shall not take action to prevent receivers from seeing the contact of the serve or the path of the served ball.

ART. 2 Potential screens exist, but are not limited to:

- a. When a player(s) on the serving team waves arms, jumps, moves sideways or stands close to the server, and the ball is served over the player(s);
- b. When a group of two or more players on the serving team stand close together and the ball is served directly over them.

Rule 4 The Serve

Section 1 DEFINITION

ART. 1 A serve is contact with the ball to initiate play. The server shall hit the ball with one hand, fist or arm while the ball is held, or after it is released by the server. The ball shall be contacted within five seconds after the first referee's signal to serve. A serve contacting and crossing the net shall remain in play provided the ball is entirely within the net antennas.

ART. 2 The server shall serve from within the serving area and shall not touch the end line or the floor outside the lines marking the width of the serving area at the instant the ball is contacted for the serve. The server's body may be in the air over or beyond the serving area boundary lines, having left the floor from within the serving area.

ART. 3 For teams with fewer than six players, each time a vacant position rotates to serve in the right back position, a loss of rally/point is awarded to the opponent.

ART. 4 A player's term of service begins when the player assumes the right back position as the server and ends when a loss of rally is awarded or a substitution for the player is made prior to the end of the team's term of service. Each player may have only one re-serve during a team's term of service.

ART. 5 A re-serve shall be called when the server releases the ball for service, then drops it to the floor. The first referee shall cancel the serve and direct a second and last attempt at serve. The server is allowed a new five seconds for the re-serve. A tossed ball that contacts a backboard or its supports over the serving area is a service fault and not eligible for a re-serve.

NOTE: A re-serve is considered to be a part of a single attempt to serve. Therefore, after the first referee's signal for service, no requests, e.g., time-out, service order, lineup, substitution, libero replacement, etc., may be recognized until after the ball has been served.

Section 2 GENERAL

ART. 1 The first server of the set is the right back position. Thereafter, when a team is awarded a loss of rally, the player in the right front position rotates to the serving area.

ART. 2 A team continues serving until it loses the rally or the set ends.

ART. 3 The team not serving first in the previous set of a match shall serve first in the next set.

ART. 4 A serve is illegal and the ball remains dead if the server:

- a. Hits the ball illegally;
- b. Is touching the end line or the floor outside the serving area when the ball is contacted;
- c. Does not contact the ball to serve within five seconds;
- d. Is out of serving order or is from the wrong team;
- e. Deliberately serves before the first referee's signal to begin the serve;
- f. Releases the ball for service, then drops it to the floor more than once during one term of service.

ART. 5 A served ball is a service fault and becomes dead when the ball:

- a. Does not legally cross the net, such as when the ball:
 - i. Passes under the net;
 - ii. Touches one of the server's teammates;
 - iii. Touches the floor on the server's side of the net.
- b. Crosses the net not entirely between the net antennas, or lands out of bounds;
- c. Touches the ceiling or any obstruction.
- d. Touches any part of a backboard or its supports hanging over the serving area when tossed for serve.

ART. 6 When a receiving team player is out of position on the serve and:

- a. The ball is served illegally, the serving team is penalized;
- b. A service fault occurs, the receiving team is penalized.

Rule 5 During Play

Section 1 TEAM BENCHES

ART. 1 All nonplaying team members shall be seated on the designated team bench during the set. The head coach may stand during the set.

Section 2 COURT PROTOCOL

ART. 1 A team may not use electronic devices during the match.

ART. 2 After each set, teams shall change playing areas and benches immediately when directed by the first referee

Section 3 LIVE AND DEAD BALLS

ART. 1 A live ball becomes dead when:

- a. The ball touches the net antennas or does not pass entirely between the net antennas and passes completely beyond the plane of the center line extension;
- b. The ball lands out of bounds;
- c. The ball contacts the ceiling or an overhead obstruction and is not legally played next by the offending team;
- d. The ball contacts the ceiling or an overhead obstruction after the third hit;
- e. The ball contacts a wall or ceiling obstruction which is over a nonplayable area;
- f. The ball becomes motionless in the net or on an overhead obstruction;
- g. The ball touches the floor;
- h. The ball passes completely under the net;
- i. The ball (from the direction of the court) breaks the plane of a nonplayable area and goes beyond the legal reach of a player;
- j. A referee's whistle sounds.

Section 4 CONTACTING THE BALL

ART. 1 A contact is any touch of the ball by a player (excluding the player's loose hair).

ART. 2 A hit is a contact/touch of the ball which is counted as one of the team's three allowable plays before the ball is returned to the opponent's side of the court.

ART. 3 A team shall not have more than three hits before the ball crosses the net into the opponent's playing area or is touched by the opponent. When the team's first contact is simultaneous contact by opponents, or an action to block, the next contact is considered the team's first hit.

ART. 4 A ball is considered to have crossed the net when:

- a. It has passed completely beyond the vertical plane of the net;
- b. It is partially over the net and is contacted by an opponent;

- c. No part of the ball has crossed the net, and it is legally blocked.

ART. 5 Legal contact is a touch of the ball by any part of a player's body which does not allow the ball to visibly come to rest or involve prolonged contact with a player's body.

ART. 6 Simultaneous contact is more than one contact of the ball made at the same instant.

- a. When one player contacts the ball with two or more parts of the body at the same instant, it is permitted and considered one hit (except for a block which does not count as a hit).
- b. When teammates contact the ball at the same instant, it is permitted and considered one hit (except a block which does not count as a hit). Any player may attempt the next hit, provided the simultaneous contact was not the team's third hit.
- c. A "joust" occurs when two opponents cause the ball to come to rest above the net through simultaneous contact. A "joust" is not a fault, and play continues as if the contact was instantaneous.
- d. When opposing players contact the ball at the same instant, the player on the opposite side of the net from which the ball falls shall be considered the player to have touched the ball last. The other player may participate in the next play and the simultaneous contact shall not count as a hit.

ART. 7 Successive contacts of the ball are two or more separate attempts to play the ball by one player with no interrupting contact by a different player between the two plays. A player shall not have successive contacts of the ball unless there is:

- a. Simultaneous contact by teammates;
- b. Simultaneous contact by opposing players;
- c. Successive contacts by a player whose first contact is a block; then the second contact shall count as the first hit by the player's team.

ART. 8 Multiple contacts are more than one contact by a player during one attempt to play the ball. Multiple contacts are permitted only:

- a. When the first ball over the net rebounds from one part of the player's body to one or more other parts in one attempt to block;
- b. On any first team hit, whether or not the ball is touched by the block.

Section 5 PLAYER ACTIONS

ART. 1 Definitions

- a. Pass – A play in which the ball is hit into the air so another player can get into position to contact the ball.
 - i. Forearm pass – a controlled skill, generally used as a team's first hit, in which the ball rebounds from the forearms of the receiver to a teammate.
 - ii. Overhead pass (setting action) – two-hand finger action directing the ball.
 - iii. Set – two (or one)-hand finger action directing the ball to an attacker.
 - iv. Dig – an underhand or overhead defensive saving skill in which the ball is contacted by the forearms, fists or hands.
- b. Attack – Any action other than a block or a serve that directs the ball toward the opponent's court. A team's third hit is always considered an attack. A completed

attack occurs the instant the ball completely crosses the vertical plane of the net, or is legally contacted.

- i. Spike – an attack play in which the ball is forcibly hit into the opponent’s court with a one-hand overhead motion.
- ii. Tip – a fingertip attack on the ball which directs the ball into the opponent’s court.
- iii. Dump – a fingertip attack most commonly used by a setter on the second hit to direct the ball into the opponent’s court.
- iv. Overhead pass – two-hand finger action directing the ball over the net.
- c. Block – the action of a player(s) close to the net that deflects the ball coming from the opponent by reaching higher than the top of the net at the moment of contact. A block may involve wrist action provided there is no prolonged contact.
 - i. Block attempt – the action of blocking without touching the ball. An attempt to block does not constitute a block.
 - ii. Completed block – when the ball is touched by a blocker. Only front-row players are permitted to complete a block.
 - iii. Collective block – a block executed by more than one blocker in close proximity. It is completed when one of the players touches the ball. It is a blocking fault if a back-row player participates in a completed collective block.

ART. 2 Front-row players may contact the ball from any position inside or outside the court provided the ball has not completely crossed the vertical plane of the net or the net extended.

ART. 3 Back-row players, while positioned behind the attack line, may contact the ball from any position inside or outside the court above or below the top of the net.

ART. 4 A back-row player, on or in front of the attack line, cannot contact the ball completely above the height of the net and complete an attack.

ART. 5 A back-row player shall not:

- a. Participate in a completed block;
- b. Attack a ball which is completely above the height of the net while positioned:
 - i. On or in front of the attack line or its out-of-bounds extension;
 - ii. In the air, having left the floor on or in front of the attack line or its out-of-bounds extension.

ART. 6 A player may touch the floor across the center line with one or both feet/hands provided a part of the foot/feet or hand(s) remains on or above the center line. Contacting the floor across the center line with any other part of the body is illegal.

ART. 7 A player may cross the extension of the center line outside the court at any time provided he/she does not interfere with play by the opposing team. While across the center line extension outside the court, any player may play a ball that has not completely crossed the vertical plane of the net extended.

Section 6 NET PLAY

ART. 1 A ball contacting and crossing the net shall remain in play provided contact is entirely within the net antennas. A serve contacting and crossing the net shall remain in play provided that the ball is entirely within the net antennas.

ART. 2 Recovering a ball hit into the net shall be permitted.

ART. 3 A player shall not contact a ball which is completely on the opponent's side of the net unless the contact is a legal block.

ART. 4 Blocking a ball which is entirely on the opponent's side of the net is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when the:

- a. Attacking team has completed its three allowable hits;
- b. Attacking team has had the opportunity to complete the attack or, in the referee's judgment, directs the ball toward the opponent's court;
- c. Ball is falling near the net and, in the referee's judgment, no legal member of the attacking team could make a play on the ball.

ART. 5 Blocking a served ball is not permitted.

ART. 6 A ball may be attacked, excluding a served ball, when it has partially crossed the net. Attacking a served ball while the ball is completely above the height of the net is not permitted. However, the contact is legal, and the ball is not out of play until it completely crosses the vertical plane of the net or is legally contacted by an opponent.

ART. 7 A net fault occurs while the ball is in play and:

- a. A player contacts any part of the net including net cables or net antennas. It is not a fault when a player's loose hair touches the net, or the force of a ball hit by an opponent pushes the net or net cables into the player.
- b. A player gains an advantage by contacting the floor/wall cables, standards or first referee's platform;
- c. There is dangerous contact by a player with the floor/wall cables, standards or first referee's platform;
- d. There is interference by a player who makes:
 - i. Contact with an opponent which interferes with the opponent's legitimate effort to play the ball;
 - ii. Intentional contact with a ball which the opponent has caused to pass partially under the net or into the body of the net and the opponent is attempting to play it again.

Rule 6 Substitutions

Section 1 SUBSTITUTION REQUESTS

ART. 1 A substitution is the exchange of at least one player in the set by a teammate (substitute) who is listed on the roster.

ART. 2 A request for substitution shall not be recognized if made: a. By anyone other than a head coach or substitute entering the substitution zone; b. During a live ball; c. After the first referee has signaled for serve.

ART. 3 Each team is permitted only one request for substitution during the same dead ball. Other requests for substitution by the same team shall be denied.

ART. 4 Substitution requests prior to the start of the set shall be permitted and shall be recorded as a regular substitution in that set. In case of an injury or illness to a starting player, a lineup change may be made, and no entry shall be charged to the team.

Section 2 PROCEDURE FOR SUBSTITUTION

ART. 1 To request a substitution: a. The head coach may visually signal (Signal 16) to the referees that substitution is desired, or b. The substitute may enter the substitution zone (sideline between the attack line and the centerline of the team's playing area).

ART. 2 The referee recognizes the request by whistle and signal.

ART. 3 After the referee's recognition of a request, the substitute shall proceed without delay to the substitution zone.

a. If more than one substitution is to be made, the substitutions shall be made in succession, one pair of players after another (substitute and outgoing player) with only one substitute in the substitution zone at a time;

ART. 4 The player and substitute shall remain in the substitution zone until the second referee releases them.

Section 3 SUBSTITUTES

ART. 1 The position of the substitute shall be that of the player replaced without changing the serving order as recorded on the scoresheet.

ART. 2 A team is allowed a maximum of 18 substitutions per set. Each player is allowed unlimited entries within the team limit. Starting the set does not count as a substitution.

ART. 3 A re-entering player shall assume the original position in the serving order in relation to other teammates.

ART. 4 An injured/ill player who is legally replaced may re-enter the set.

ART. 5 Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health-care professional.

Rule 7 Conduct

NOTE: No official or game personnel shall use any form of alcohol or tobacco product (e-cigarette or similar items) beginning with arrival at the competition site until departure following the completion of the match.

Section 1 DEFINITION

Unsporting conduct includes actions which are unbecoming to an ethical, fair and honorable individual. It consists of acts of deceit, disrespect or vulgarity and includes taunting.

SECTION 2 CONDUCT: PLAYERS, COACHES AND/OR TEAM ATTENDANTS

ART. 1 No player, teammate, coach and/or team attendant shall act in an unsporting manner while on or near the court before, during or between sets.

ART. 2 It is considered a serious offense (red card) for any player, teammate, coach and/or team attendant to use any form of alcohol or tobacco product (e-cigarette or similar items).

ART. 3 The captain(s) and the head coach from each team shall attend the prematch conference.

ART. 4 A team shall not refuse to play when directed to do so by the first referee.

ART. 5 Assistant coaches shall remain seated on the bench during a set except to:

- a. Ask the second referee, during a dead-ball situation, to review the accuracy of the score, verify the number of time-outs used, request the serving order of his/her team, or verify the proper server for the opponent;
- b. Stand at the bench to greet a replaced player;
- c. Confer with players during time-outs;
- d. Spontaneously react to an outstanding play by a player(s) of their own team;
- e. Attend to an injured player with permission of a referee.

ART. 6 The head coach may stand to coach his/her players. During play, the head coach shall be no closer to the court than 6 feet from the sideline. If a card (yellow and/or red other than an administrative yellow or red card assessed for unnecessary delay) is issued for unsporting conduct to the head coach, assistant coach(es) or team bench, the head coach shall remain seated for the remainder of the match except:

- a. To request a time-out or substitution during a dead ball;
- b. To confer with officials during specifically requested time-outs

ART. 7 Teammates and other bench personnel other than the head or assistant coach(es) shall remain seated on the team bench during a set except to:

- a. Spontaneously react to an outstanding play by members of their own team;
- b. Go to a nonplayable area to warm up without volleyballs prior to entry into the set as a substitute;
- c. Stand at the bench to greet a replaced player(s), then immediately sit down.

ART. 8 Unsporting conduct for a coach, substitute or team attendant includes, but is not limited to the following:

- a. Using disconcerting acts or words when an opponent is about to play the ball;
- b. Entering the court while the ball is in play;
- c. Attempting to influence a decision by a referee;
- d. Disrespectfully addressing a referee and/or other match officials;
- e. Questioning a referee's judgment;
- f. Disrespectfully addressing, baiting or taunting anyone involved in the contest;
- g. Using a sounding device (i.e., megaphone, horn, etc.) at courtside for coaching purposes;
- h. Holding unauthorized conferences;
- i. Attempting the re-entry of a disqualified player;
- j. Illegally leaving the designated bench during the set;
- k. Making any excessive requests designed to disrupt the set;
- l. Abusing the re-serve rule.

ART. 9 Unsporting conduct by a player includes but is not limited to:

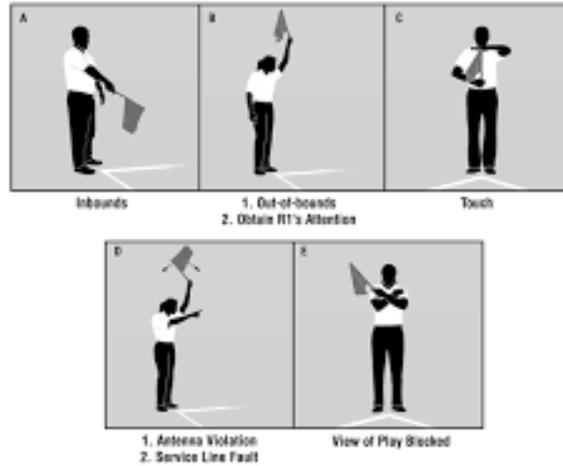
- a. Using disconcerting acts or words when an opponent is about to play the ball;
- b. Disrespectfully addressing a referee and/or other match officials;
- c. Questioning or trying to influence referees' decisions;
- d. Showing disgust with referees' decisions;
- e. Using profane or insulting language or gestures or baiting/taunting anyone involved in the contest;
- f. Making any contact with an opponent which is deemed unnecessary and which incites roughness;
- g. Using any part of a teammate's body or any object to gain physical support for advantage in playing the ball;
- h. Deliberately serving prior to the signal for serve;
- i. Abusing the re-serve rule;
- j. Spitting other than into the proper receptacle;
- k. Making any excessive requests designed to disrupt the set.

SECTION 3 UNSPORTING CONDUCT: SPECTATORS

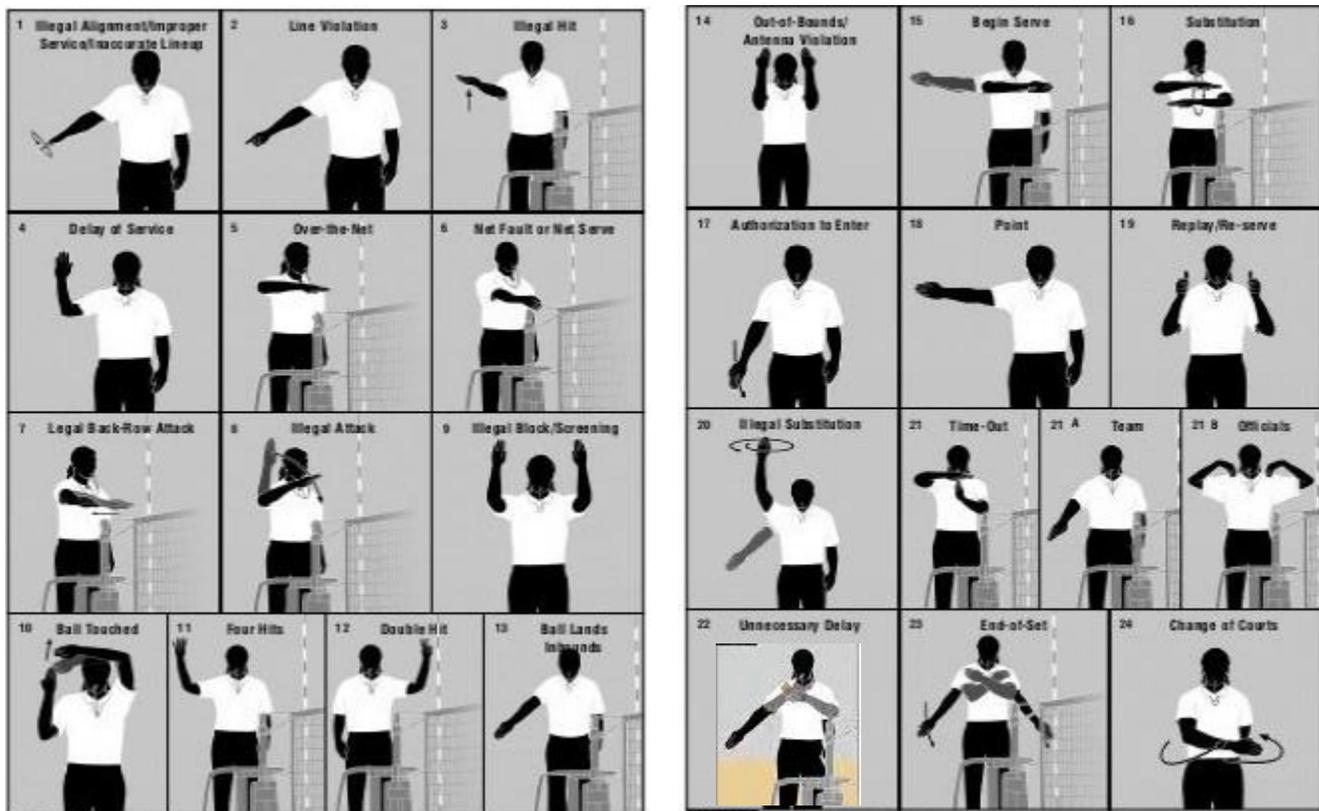
When a spectator becomes unruly or interferes with the orderly progress of the set, the first referee shall suspend the set until the host management resolves the situation and the set can proceed in an orderly manner.

NOTE: In the absence of a designated school representative, the home head coach shall serve as the host management.

VOLLEYBALL LINE JUDGE SIGNALS



OFFICIAL VOLLEYBALL SIGNALS



Coaches Code of Ethics

The function of a coach is to educate students through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the utmost respect and his or her welfare should be considered in decisions by the coach at all times.

The coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.

The coach shall uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media, and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

The coach shall take an active role in the prevention of drug, alcohol and tobacco abuse.

The coach shall avoid the use of alcohol and tobacco products when in contact with players.

The coach shall promote the entire interscholastic program of the school and direct the program in harmony with the total school program.

The coach shall master the contest rules and shall teach them to his or her team members.

The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.

The coach shall exert his or her influence to enhance sportsmanship by spectators, both directly and by working closely with administrators.

The coach shall respect and support contest officials.

The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.

The coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.

The coach shall not exert pressure on faculty members to give students special consideration.

The coach shall not scout opponents by any means other than those adopted by the league.